

A WOMAN'S FACE

Plainly Indicates the Condition of Her Health.

How to Obtain Bright Eyes, Rosy Cheeks and the Elastic Step of Perfect Health.

"A woman's face," said a well known physician, "is a mirror which reflects faithfully the condition of her health. One can tell at a glance if she is well or not and usually one can tell what the trouble is. It so often happens that instead of bright eyes, rosy cheeks and an elastic step, there are dull eyes, pale, sallow or a greenish complexion, and a languidness of step that bespeaks disease, and perhaps an early death if the right treatment is not resorted to. The whole trouble lies with the blood, and until it is enriched and invigorated there will be no release from suffering and disease. Unquestionably the greatest of all blood-renewers is Dr. Williams' Pink Pills. Good blood means health, vigor, life and beauty, and the one sure way to make your blood good is to take Dr. Williams' Pink Pills.

Out of many cases which illustrate the truth of this may be cited that of Miss Amanda Dampousse, Ste. Anne de la Perade, Que., who says: "For more than six months I suffered greatly from weakness, bordering almost on nervous prostration. I suffered from headaches, palpitation of the heart, and pains in all my limbs. I had no energy, no appetite, no color, and my nights were frequently sleepless. At different times I consulted three doctors, but none of them seemed able to cure me. A friend strongly urged me to take Dr. Williams' Pink Pills and I finally followed her advice. With the use of the first box my health began to improve, and five boxes completely restored me. I now have a good appetite, headaches and pains have disappeared, and I never felt better in my life than I do now. If I am ever sick again you may be sure that Dr. Williams' Pink Pills will be my only doctor."

If you have any disease like anaemia, indigestion, heart palpitation, neuralgia, rheumatism, or any of the other host of troubles caused by bad blood, Dr. Williams' Pink Pills will surely cure you. Be careful to get the genuine, with the full name, "Dr. Williams' Pink Pills for Pale People," printed on the wrapper around the box. Sold by all medicine dealers or sent post paid at 50 cents a box or six boxes for \$2.50, by writing to the Dr. Williams' Medicine Co., Brockville, Ont.

MAULED BY A LEOPARD.

Major R. G. E. Leckie's Adventure in Somaliland.

The British Canadian Review (London) of January 2, contains an interview with Major R. G. E. Leckie and Mr. Kirkpatrick, two well known Canadian mining engineers, who recently reached London from Somaliland. Major Leckie had an exciting adventure in that country with a leopard, a brief mention of which was received by cable some weeks ago. To the representative of The Review, Major Leckie told the story, as follows:

"At Debrawein I met with an accident. When we arrived there we were told by the natives that they had been troubled by leopards prowling around the village. The leopards jump over the zirebas and steal sheep. I eat up one night in order to shoot one of the marauders, and I managed to wound him. In the morning I followed him up and shot him again. The Somalis who were with me and I myself thought he was dead, so we went up to him. All of a sudden he gave a coughing roar, and charged at me. I had no time to do anything except to raise my rifle and give him the muzzle in the neck as he sprang at me. That choked him, but he sprang at me again and dragged me down. We rolled down a hill together, and brought up at the bottom in the bed of a stream. Fortunately I was on top, but I had to keep fighting him with my left arm to prevent him biting me on the neck and head. I managed to get clear of him finally, but not until I had been clawed severely over the head. I was also badly bitten on the arm, and it is only getting better now. When I got clear of the leopard the Somalis rushed in very bravely, and one of them got a nasty wound on the leg. The leopard got off, though, and rushed down stream for some distance, then dropped mortally wounded. I brought the skull and skin home with me. I had to lay up in Debrawein for a month, but I was well looked after by Mr. Kirkpatrick, who was as good as a surgeon. He cleaned the wounds at once, so that blood poisoning, which we were most afraid of, should not supervene. We had a very trying journey afterwards to the coast, from which we sailed for London.

Replying to a question by the interviewer, Major Leckie said they might have stayed a month or two longer if the accident had not occurred, but either

he or Mr. Kirkpatrick would probably go back to Somaliland on a further tour of exploration.

In conclusion he said: "We consider the most valuable of our concessions to be the rights we have obtained over a portion of the eastern half of the Protectorate. In this district argentiferous galena occurs over a large area, and quicksilver and gold are reported. The natives have brought in many fine specimens of galena. We have also the concession of a large island in the Gulf of Aden to work for guano. We met several Canadian officers serving with the field force, including Captain Leslie, R. E., Lieut. Syer, Bombay Lancere; and Lieut. Evans, R. E."

"BLIND TOM" REAPPEARS.

Many Times Reported Dead, but the Now Old Man is Heard at the Circle Theatre.

(New York Herald.)

"Blind Tom," the musical phenomenon who was on the concert stage when our grandmothers were belles, and exhibited his marvellous piano playing and his child-like antics, appeared as the chief attraction at the Circle Theatre Monday night after a long absence from New York. In presenting him to the audience, his manager referred to the many reports of his death within the last thirty years. He said the first story of his death was printed in the New York newspapers in 1879, when it was said he had died of consumption and together with the story was a physician's analysis of his brain.

A few years later came another report that he had jumped from the St. Louis bridge, being attracted by the sound of the moving waters. Then he was killed over again in a railroad accident near Cincinnati, and after that he perished in the Johnstown flood. "But," said the manager, "he has more than a cat's nine lives, and he is here before you tonight the same wonderful, original and only 'Blind Tom,' born in slavery in 1819 and the marvel of the musical world since he was a small child."

In the audience were many gray-haired men and women, who realized that they were "getting along" when they noticed how he had aged. The old negro is now very stout and clumsy, his face is wrinkled and his woolly hair slightly tinged with white but his fingers are just as nimble and his musical powers seem to have improved rather than otherwise. He performed several descriptive and classical piano compositions, always rising and clapping wildly with the audience wherever he ceased playing—the same old tricks, the same old "Tom" as ever.

"Cleanliness is next to godliness." Dirt and depravity go hand in hand. This is just as true of the inside of the body as the outside. Constipation clogs the body and clouds the mind. Constipation means that corruption is breeding in the body, poisoning the blood with its foul emanations, befogging the brain with its tainted exhalations. Constipation is the beginning of more diseases than, perhaps, any other single disorder. The consequences of constipation are legion. Headache, pain in the side, shortness of breath, undue fullness after eating, coldness of the extremities, nervousness, indecision, lassitude, dizziness, sallowness, flatulence, and a score of other ailments are directly caused by constipation. Cures constipation and you cure its consequences. The quickest cure of this evil is obtained by the use of Dr. Pierce's Pleasant Pellets. They are small in size but wonderful in result. They cure permanently. They contain no injurious ingredients. The use of them does not breed the "pill habit." Ask your druggist for them.

Send 31 one-cent stamps, the expense of mailing and customs, and receive Dr. Pierce's Common Sense Medical Adviser, in paper covers. This work contains 1008 pages and 700 illustrations. For 50 stamps it can be had in substantial cloth binding. Address Dr. R. V. Pierce, Buffalo, N. Y.

Is it where day wants a boy? It is but he must be a boy who never utters a harsh word and does not use slang or swear. Well, me brudder's a deaf mute. I'll send 'im round.

THE VERDICT OF PUBLIC OPINION.

Is with the best article every time. That's why Putnam's Corn Extractor has been in the lead for the last half century. It cures corns painlessly in twenty-four hours and never fails. Use only Putnam's for corns and warts.

INTERCOLONIAL WAGES COMMENDED.

Mr. Lowe Has Warm Words of Praise for Government's Action

IN RAISING MEN'S PAY.

"Sir William Mulock has received the following letter from Mr. A. B. Lowe, first vice-president of the International Brotherhood of Maintenance of Way Employees, dated at Kingston on Jan 4th:

I have recently received from the chairman of our joint protective board, representing the maintenance of way employees in the track and bridge department of the Intercolonial railway, the good news of an increase of the wages of the men in the above department. You will remember I wrote to you to use your influence as minister of labor to secure this increase for us, and I assure you it is with great pleasure that I fulfil the duty incumbent upon me as first vice-president of our organization, and in charge of matters in Canada, of returning thanks for your efficient aid in bringing about improved conditions on the I. C. R.

And I need not say that our boys on all other roads in Canada and I believe much farther, will have reason for gratitude to you and the government of which you are a member, for this, the

third increase which has come to us since the present government came into power. I may say the minimum for trackmen is now \$1.40 for ordinary sections, and for foremen \$1.85, in yard section men \$1.50 and foremen \$2 to \$2.25. The men in the bridge department have also been liberally dealt with.

As a matter of fair play, and on the principle of "honor to whom honor is due," I cannot but view the history of the maintenance of way men on the I. C. R. since I first organized that road in 1894-1895. Then the minimum was \$1.10 for men and \$1.60 for foremen. We applied for an increase, by a committee of employees waiting upon the management at Moncton, and, getting no satisfaction, they asked me to lay the matter before the then government, through the Minister of Railways, the Hon. J. G. Haggart. Several members of Parliament, notably Mr. Powell of Westmoreland, assisted in urging the Hon. Minister to grant an increase, and he finally asked me to give him a written statement of our case, which I did.

Meantime, a committee of our men met Sir Charles Tupper, who had replaced Sir Mackenzie Bowell as Premier, and, at Truro, N. S., he promised us an increase of pay, which the Hon. Mr. Dickie later confirmed in a letter to me. But the morning of June the 25th, 1896, I got a letter from Mr. Balderston, Secretary of the Department of Railways, stating that they could not give us any increase. I saw the Hon. Mr. Dickie, who assured me that there was some mistake, which he would have put right,

as the principle of granting us an increase had been adopted; and, after several interviews, he finally wrote me, stating his regret that things were as Mr. Balderston had written me, and no increase would be given. Our minimum then was only \$1.10 for workmen, \$1.60 for foremen, and, in spite of promises made before the election, they went out of power without fulfilling their promise.

As I said, since then our minimum has been increased to \$1.40 and \$1.50. Our first increase was about a year and a half after Mr. Blair became minister of railways, raising the minimum to \$1.15. About three years ago we received another increase, making the minimum \$1.30, and now this latest—effective November, 1903—making the minimum \$1.40 and \$1.50. Taking the increases granted in yards and to track and bridge foremen, our total increase is over 30 per cent.

So the record of the two parties is, as far as our history goes: The Conservatives promised us an increase on the eve of an election, and broke the promise the morning after it was over. The Liberal party, who probably were not too strongly indebted to many of our men, have kept their promises, and three times raised our wages, as conditions warranted.

I am no political partisan, as the men in our organization very well know: my political creed being summed up in short—support the man, the party or the Government that puts the butter on your bread. I think I am only doing simple justice all around in making grateful acknowledgement of the facts I mentioned, and thank you very heartily for the added happiness you have put into so many homes, and wish you for them "A Very Happy New Year."

THE OLDEST MAN IN AMERICA

Tells How He Escaped the Terrors of Many Winters by Using Pe-ru-na.



MR. ISAAC BROCK, BORN IN BUNCOMBE CO., N. C., MARCH 1, 1783. His age is 115 years, vouched for by authentic record. He says: "I attribute my extreme old age to the use of Peruna."

Born before the United States was formed. Saw 22 Presidents elected. Pe-ru-na has protected him from all sudden changes. Veteran of four wars. Shod a horse when 99 years old. Always conquered the grip with Peruna. Witness in a land suit at the age of 110 years. Believes Peruna the greatest remedy of the age for catarrhal diseases.

ISAAC BROCK, a citizen of McLennan county, Texas, has lived for 115 years. For many years he resided at Bosque Falls, eighteen miles west of Waco, but now lives with his son-in-law at Valley Mills, Texas.

A short time ago, by request, Uncle Isaac came to Waco and sat for his picture. In his hand he held a stick cut

from the grave of General Andrew Jackson, which has been carried by him ever since. Mr. Brock is a dignified old gentleman, showing few signs of decrepitude. His family Bible is still preserved, and it shows that the date of his birth was written 115 years ago.

Surely a few words from this remarkable old gentleman, who has had 115 years of experience to draw from, would be interesting as well as profitable. A lengthy biographical sketch is given of this remarkable old man in the Waco Times-Herald, December 4, 1898. A still more pretentious biography of this, the oldest living man, illustrated with a double column portrait, was given the readers of the Dallas Morning News, dated December 11, 1898, and also the Chicago Times Herald of same date. This centenarian is an ardent friend of Peruna, having used it many years.

In speaking of his good health and extreme old age, Mr. Brock says:

"After a man has lived in the world as long as I have, he ought to have found out a great many things by experience. I think I have done so.

"One of the things I have found out to my entire satisfaction is the proper thing for ailments that are due directly to the effects of the climate. For 115 years I have withstood the changeable climate of the United States.

"I have always been a very healthy man, but of course subject to the little affections which are due to sudden changes in the climate and temperature. During my long life I have known a great many remedies for coughs, colds and diarrhoea.

"As for Dr. Hartman's remedy Peruna, I have found it to be the best, if not the only, reliable remedy for these affections. It has been my standby for many years, and I attribute my good health and extreme old age to this remedy.

"It exactly meets all my requirements. It protects me from the evil effects of sudden changes; it keeps me in good appetite; it gives me strength; it keeps my blood in good circulation. I have come to rely upon it almost entirely for the many little things for which I need medicine.

"When epidemics of la grippe first began to make their appearance in this country I was a sufferer from this disease.

"I had several long sieges with the grip. At first I did not know that Peruna was a remedy for this disease. When I heard that la grippe was epidemic catarrh, I tried Peruna for la grippe and found it to be just the thing."

In a later letter dated January 21, 1904, Mr. Brock writes:

"I am well and feeling as well as I have for years. The only thing that bothers me is my sight. If I could see better I could walk all over the farm and it would do me good. I would not be without Peruna."

Yours truly,

Isaac Brock.

For a free book on catarrh, address The Peruna Medicine Co., Columbus, O.

If you do not derive prompt and satisfactory results from the use of Peruna, write at once to Dr. Hartman, giving a full statement of your case and he will be pleased to give you his valuable advice gratis.

Address Dr. Hartman, President of The Hartman Sanitarium, Columbus, Ohio.